



Dharma Mittra Yoga LA, Playa by Sonya Enchill

Come practice Dharma Yoga right on the shore of the beautiful Pacific Ocean at a brand new facility on Dockweiler Beach. Dharma Yoga is an integrated system of active meditation and overall self-healthcare. Classes are open to all levels and beginners are particularly encouraged. Each class will involve yoga postures, breathing exercises and meditation. The benefits of yoga are far reaching and can help reduce stress, assist with weight loss, gaining strength, flexibility and balance, pain prevention, and improve breathing and blood circulation. Yoga is beneficial for every ailment known to western science, however even if you're healthy and just want to feel better, or maybe you're bored with your usual workout, just be receptive to this amazing practice and you will enjoy the benefits.

When:

Sundays: 10:00-11:30am

Where:

Dockweiler Youth Center
12505 Vista del Mar
Los Angeles 90245

Rates:

Single class \$15
3 classes \$40
10 classes \$100

www.dmyla.com
sonyaenchillmode@gmail.com

